

# Do you have a child under 5?

## Are you pregnant or breastfeeding?

### WIC OFFERS FAMILIES

- Personalized nutrition consultations
- Checks for free, healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family

Check these guidelines to decide if WIC might be right for your family.

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$17,223	\$1,436	\$332
2	23,106	1,926	445
3	28,989	2,416	558
4	34,872	2,906	671
5	40,755	3,397	784
6	46,638	3,887	897
7	52,521	4,377	1,010
8	58,404	4,867	1,124

IF YOU ARE PREGNANT, YOU SHOULD COUNT YOURSELF AS TWO.

Learn more about WIC.

Call **1-800-WIC-1007**  
or visit [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)



WIC Nutrition Program  
Nutrition Division • MA Department of Public Health  
TDD/TTY: 617-624-5992

GOOD FOOD  
*and*  
A WHOLE LOT MORE